

THE MC2 PROGRAM

An Interview with Joe Gallenberger



Dr. Joe Gallenberger is a clinical psychologist with over thirty years of experience as a therapist and a great interest in the universal principles of manifestation. In 1995, he began exploring psychokinesis (PK), the ability to influence matter through nonphysical means. He has achieved statistically powerful results in university laboratories and, after advancing his methods over years of study, began to teach how PK, energy healing, and manifestation can enhance lives.

Joe has been a residential trainer at The Monroe Institute for twenty-five years. He trains a spectrum of Monroe courses and co-developed

*the Institute's highly successful **MC² (Manifestation and Creation Squared)** program. He also developed **SyncCreation, A Course in Manifestation**, the home study version of the MC² program.*

Q: Hello Dr. Gallenberger. Will you tell our newsletter readers about the TMI six-day program MC²?

A: Sure. A similar constellation of energy and beliefs are present in three joyous expressions of human potential: 1. Psychokinesis (the ability to effect physical matter with our energy); 2. Manifesting; and 3. energy healing of self and others. MC² explores these areas, using the quick and clear feedback of psychokinesis (PK) tasks such as bending metal, to give participants confidence in using high heart energy for improving their lives in very powerful and practical ways.

Q: How do you get people to begin to do this?

A: We use Hemi-Sync® meditations in Focus levels 10 through 27, plus many experiential exercises to first clear emotional and belief system limits, then to raise a very high energy, and learn how to project and release this energy for our intended purposes.

Q: The participants often achieve amazing things in MC². Can you give us some examples?

A: The PK activities experienced with the group support are very transformative for many participants. As they find themselves able to bend spoons, cause seeds to grow at a fast rate, illumine light bulbs in their hands, and roll dice in patterns, there is a palpable shift in understanding just how powerful we are as humans and just how central love is to consistently creating miracles. During MC² each participant also has the opportunity to receive energy from the group for healing and manifesting their dreams. In MC² healing means not only alleviating pain or illness, but also healing into one's full potential. We also have healing circles for loved ones and the earth. The recipients of the healing often report great improvement, which is very inspiring to the group. We don't, of course, always bring about miraculous results for everyone and it is not a substitute for proper medical care, but there are enough clear instances that the group receives strong confirmation that energy healing works and that they can do this for themselves and others.

Q: The bending of spoons—when I told someone not familiar with TMI about that they said, “Oh those are special spoons I know that trick.”

A: There are stage magicians who use props, it is true, but we use normal spoons of various strengths up to the thickest stainless steel. Folks are welcome to bring their own silverware to assure that there has been no "funny business." People are often delighted to see that the large majority of participants are successful by the end of the week with the PK tasks as everyone is encouraging each other. MC² builds a strong team "can do" spirit!

Q: Lighting light bulbs without electricity?

A: Yes, we use circular neon light bulbs. A major university is studying the energies developed in MC² and the pilot data is well above chance significance as we send healing and PK energy, including measuring an increase in electrical voltage in the hands during the bulb lighting.

Q: And controlling dice?

A: That was where I first understood that PK energy and healing energy are the same thing. As I took the *Gateway Voyage*® program and other programs at TMI, I began to see signs that such things were possible. I then confirmed this as a subject in PK studies and explored it further in casinos where the dice were guaranteed to be unbiased and the statistics of what happens by chance are clearly understood. I have done 70 Inner Vegas Adventure™ workshops and after seeing success there, had the

idea for the MC² program. My book, *Inner Vegas*, describes this journey of discovery including more detail of what goes on in MC² than we can cover in this interview.

Q: How did that lead to MC²?

A: We wanted to see how far we could take manifesting, healing, and PK in the idyllic surroundings of TMI's Virginia campus, with the wonderful energy there. The results have been fantastic.

Q: Do you run into ego and fear as the major problems in teaching this program?

A: Once we strongly engage the heart, mind, and spirit, we quickly see immediate practical results. Along the way MC² addresses the issues most of us have around manifestation and healing including personal power, and our willingness to surrender to a higher purpose. There is only one real obstacle, but it had many heads. It is fear in different forms. Through the deep meditations we gently encourage replacing fear with love.

Q: Can people repeat the results achieved in the program after they leave?

A: Yes. Many do. It depends on nurturing the new energies and beliefs. Many also build on what they learn. You see, once the high energies needed for PK, healing, and manifesting are strongly experienced, abilities usually take off to a whole new level.

Q: Is it hard for people to do that, to hold on to and build on what they do at TMI in the program?

A: For many it is fairly easy, for some it can be quite challenging. To provide strong home support for continued learning, the home study course, *SyncCreation*, is available to MC² grads during the program at a deep discount plus a \$100 off coupon for other TMI programs.

Q: What else about the program?

A: We always all have lots of fun in MC²! It is a pleasure and privilege to train the program, and its trainers feel that they themselves learn something important and renew their own energy each time MC² occurs. We build strong camaraderie and a large amount of trust. And every MC² day includes laughter and love.

Q: Anything else?

A: Anyone who is considering signing up but who is not yet sure, may want to read *Inner Vegas* which goes into detail about MC². Also, the course is further described on TMI's Website.

I encourage everyone to come play with the possibility of manifesting all they want and have dreamed of in life!

Related links:

(Article – **Included in this file**) PK Research Collaboration - University of Virginia and TM

Video: [Dawn Tobin describes her experience in MC Squared.](#)

Video (57 min) – Ross Dunseath: [Research Partners: TMI and the Division of Perceptual Studies](#)